

ABSTRACT

An elongate bar having sliding handgrips concentrically mounted thereon adapted for use with a resistance-type exercise device. In a preferred embodiment, the bar has at least two, and more preferably four, axially oriented grooves in the outer surface thereof dimensioned to accommodate handgrip linking means therewithin. The handgrips, which are constrained to move only in an axial direction, are interconnected by linking means such as belts, in such a manner that the handgrips remain equidistant from the center of the bar throughout their axial range of motion. The interconnecting belts or cables are disposed to travel within the elongate grooves on the bar to provide the bar with a low profile. In the preferred embodiment, the linking means are belts that are supported by pulleys housed within recesses in the bar and rotatably attached thereto. The bar further includes resistive force attachment means operable for attaching weights, springs, cable(s), elastic bands or the like thereto to provide a resistive force. In a further embodiment, the bar includes floor supporting means and can be used for performing pushups. In yet a further embodiment, the bar includes wall attachment means and can be employed for performing pull-ups.